

R_x

For Your Symptoms

Name: _____

Date: / /

DIAGNOSIS:



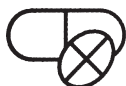
- | | |
|---|--|
| <input type="checkbox"/> Cold or Flu | <input type="checkbox"/> Viral Sore Throat |
| <input type="checkbox"/> Cough/Bronchitis | <input type="checkbox"/> Other: |
| <input type="checkbox"/> Middle Ear Fluid | |

INFO:



- ☐ You do not need an antibiotic.
- ☐ A virus is causing your illness. Antibiotics do not cure viral infections. Taking antibiotics when they are not needed can harm you by creating stronger germs.

MEDICINE TO USE:



- ☐ Get prescription filled.
- ☐ See reverse side.
- ☐

Follow the dosage instructions exactly.

FOR COMFORT:



- Drink extra water.
- To relieve congestion, use a humidifier or salt water nose drops.
- To relieve sore throat, use ice chips or gargle with warm salt water.
- Avoid tobacco smoke.

CALL US IF:



- Fever goes over _____ degrees.
- Breathing becomes rapid, loud or difficult.
- Child is very sluggish or very irritable.
- Condition gets worse.
- Not any better in ____ days.

OTHER:

- ☐ Resume normal activity as your condition permits.
- ☐

SIGNED: _____

Over-the-Counter Products

Ask your pharmacist for help finding the correct product

PAIN RELIEVERS

- ☐ Acetaminophen (generic Tylenol) Liquid Products:
 - ☐ Infant **Drops** 80 mg/0.8ml Dose:_____
 - ☐ Children's **Elixir** 160mg/5ml Dose:_____
- ☐ Acetaminophen tablets chewable 80mg 325mg 500mg
- ☐ Aspirin Tablets 81mg 325mg
- ☐ Ibuprofen (generic Advil or Motrin) 200mg
- ☐ Naproxen (generic Aleve) 220mg

ALLERGY, COUGH, COLD

- ☐ Saline Nasal Spray (generic Ocean spray)
- ☐ Oxymetazoline Nasal Spray (generic Afrin)
- ☐ Pseudoephedrine tabs (generic Sudafed) 30mg 60mg 120mg
- ☐ Dextromethorphan syrup (generic Delsym)
- ☐ Guaifenesin syrup (generic Robitussin)
- ☐ Chlorpheniramine (generic Chlortrimeton) 4mg 8mg
- ☐ Children's: generic Triaminic generic Dimetapp Dose:_____
- ☐ Diphenhydramine (generic Benadryl) 25mg
- ☐ Loratadine (generic Claritin) 10mg

STOMACH PRODUCTS

- ☐ Antacid Plus (generic Maalox plus)
- ☐ Loperamide (generic Imodium) 2mg
- ☐ Calcium carbonate (generic Tums)
- ☐ Psyllium (generic Metamucil)
- ☐ Cimetidine (generic Tagamet HB) 200mg
- ☐ Ranitidine tablets (generic Zantac 75) 75mg
- ☐ Famotidine (generic Pepcid AC) 10mg

SKIN, VAGINAL PRODUCTS

- ☐ Benzoyl Peroxide Gel/Wash 2.5% 5% 10%
- ☐ Hydrocortisone 1% cream ointment (generic Cortisone 10)
- ☐ Clotrimazole 1% cream solution vaginal cream vaginal tablet
- ☐ Terfenadine cream (generic Lamisil)

VITAMINS & MINERAL PRODUCTS

- ☐ Multiple daily vitamins
- ☐ Prenatal vitamins
- ☐ Calcium: Viactiv Tums Os-Cal Citracal _____
- ☐ Vitamin E 400 IU
- ☐ Ferrous Sulfate tablets 325mg
- ☐ Niacin tablets 100mg 500mg

EYE, NOSE PRODUCTS

- ☐ Artificial Tears Eye Drops
- ☐ Naphcon-A Eye Drops
- ☐ Saline Nasal Spray (generic Ocean spray)

OTHER

- ☐ Other _____
- ☐ Other _____

Notes:

NEBRASKA HEALTH AND HUMAN SERVICES SYSTEM



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